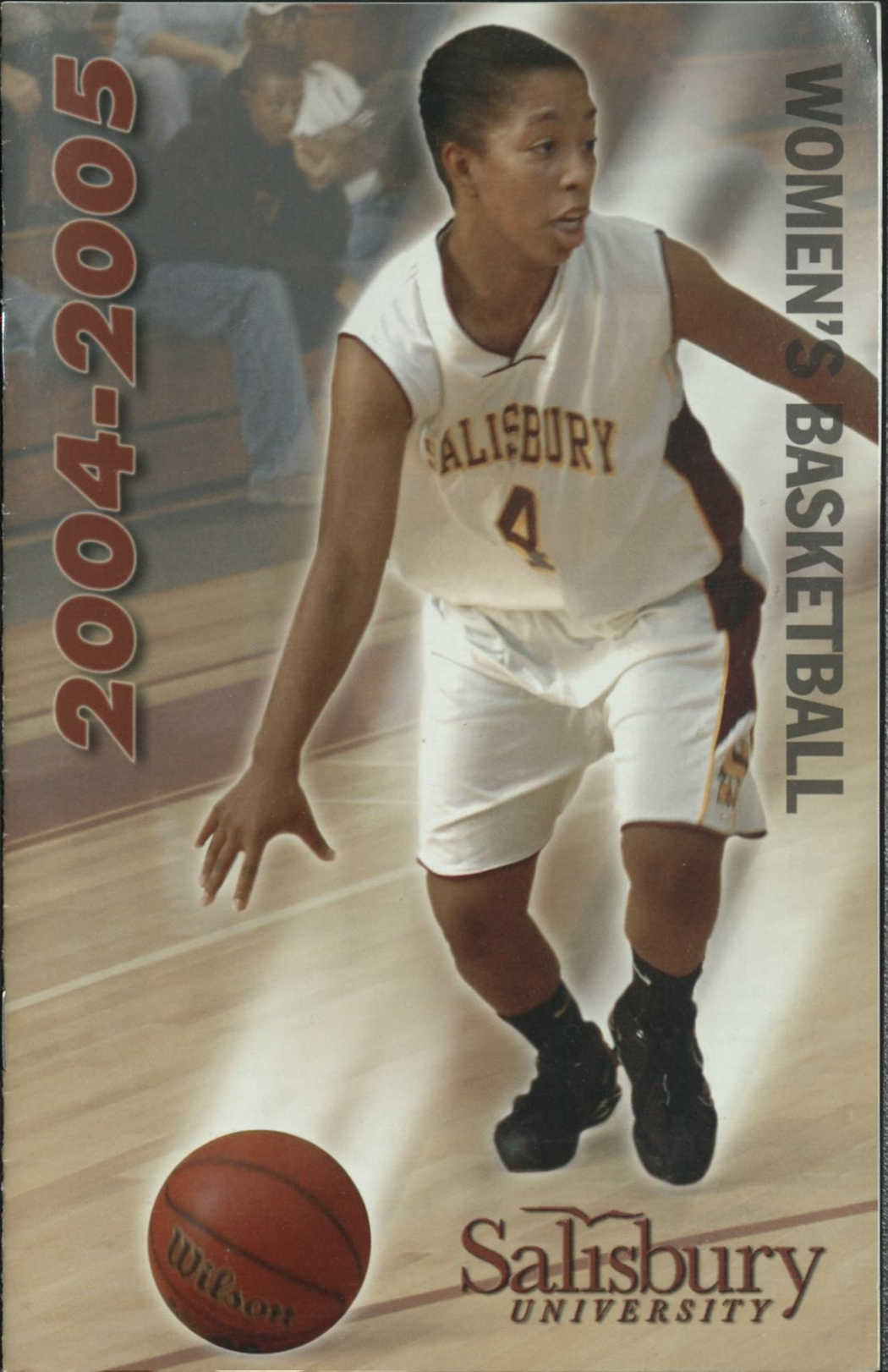
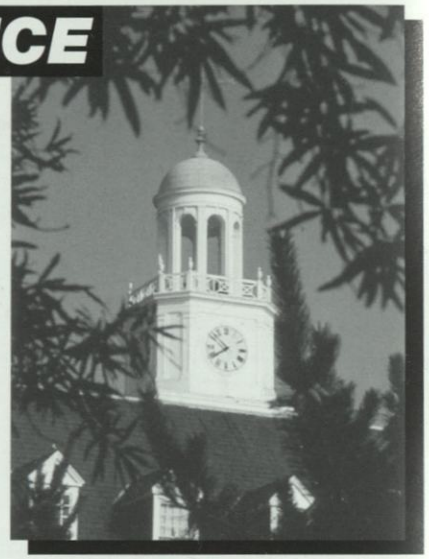
2004-2005

WOMEN'S BASKETBALL



Salisbury
UNIVERSITY

SU AT A GLANCE



The resources of a University ...
6,900 students from 29 states and 28 foreign countries . . . 43 undergraduate and 11 graduate programs . . . 314 full-time faculty, 92 percent of tenure-track faculty have terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors . . . NCAA Division III Athletics, 10 men's, 11 women's intercollegiate teams; 27 intramural sports

... with small-school opportunities.
Approachable faculty (17:1 student/faculty ratio) . . . Honors program with dedicated faculty at the Bellavance Honors Center . . . Ten residence complexes including traditional, co-ed, suite and apartment styles.

The security of state support ...
2004-05 tuition, room, board and fees: $12,576 per year for Maryland residents; $20,154 per year out-of-state.

A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

... with the benefits of private funding.
Altogether, SU awards some $1.2 million in academic scholarships each year. More than $29 million in private endowments supports some of those scholarships and provides for some of the finest educational programs.

In an ideal— and idyllic—location:
Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.

Come see us—in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site. We're at ***www.salisbury.edu.***

SU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 45 buildings on over 145 landscaped acres. Students walk from one end of campus to the other in about five minutes.

HEAD COACH BRIDGET BENSHETLER

Now in her 15th year as the Sea Gulls' head coach, Bridget Benshetler has guided the Salisbury University women's program to its greatest accomplishments. Under her leadership, the Gulls have registered nine winning seasons in the last 10 years, with five invitations to the NCAA Championship Tournament.

Benshetler's teams have averaged over 20 wins per year over the past six seasons, including a school-record of 24 wins in both 2001 and 2002. The winningest coach in team history, Benshetler has a career record of 228-142 entering the 2004-05 season.

Benshetler guided the Sea Gulls to their first ever appearance in the NCAA Tournament in 1995. Salisbury returned to the NCAA Tournament for the fifth time overall and third consecutive year in 2002 after capturing the Capital Athletic Conference championship for the third straight season. Salisbury also made its first "Sweet 16" appearance in 2002. The Sea Gulls registered three consecutive 13-1 records during the 2001, 2002 and 2003 CAC regular season campaigns, and have advanced to the CAC championship game six times since joining the conference in 1994.

Benshetler has been named the CAC Coach of the Year three times, including back-to-back awards in 2000 and 2001. She has also had 11 players recognized with postseason awards in the past five seasons, including the 2002 and 2003 Player of the Year in Amy Campion.

More importantly, the entire squad consistently ranks among the top academic teams in the country. SU's cumulative team grade point average of 3.463 in 1999 ranked as the 10th highest among all NCAA Division III teams in the nation.

Benshetler is a firm believer in teaching the fundamentals of the game and constantly stresses hard work, attitude and togetherness to her squads. She also works in the off-season to help promote women's basketball throughout the Eastern Shore, committing time for clinics and camps designed specifically for girls in the region. She is director of the popular NIKE Girls Basketball Camp on the Salisbury campus each summer.

Prior to taking the reins at Salisbury in 1990, Benshetler initiated and piloted the women's basketball program at Penn State University, Delaware County. She also served as an assistant at West Chester University.

Benshetler is a 1986 graduate of Hofstra (NY) University, where she was a member of the basketball team. She later earned her M.S. in health and physical education from West Chester University in 1990. In addition to her duties as head coach, Benshetler also serves as an instructor in SU's Health, Physical Education and Human Performance Department.

Bridget Benshetler's Career at Salisbury

1990-91	12-14	
1991-92	9-15	
1992-93	11-13	ESAC Runnersup
1993-94	7-15	
1994-95	21-7	CAC Runnersup; NCAA Tournament
1995-96	19-9	CAC Runnersup; NCAA Tournament 2nd Round
1996-97	16-10	CAC Semifinalists
1997-98	14-12	CAC Semifinalists
1998-99	18-8	CAC Semifinalists
1999-00	17-12	CAC Champions; NCAA Tournament 2nd Round
2000-01	24-4	CAC Champions; NCAA Tournament 2nd Round
2001-02	24-5	CAC Champions; NCAA Tournament 'Sweet 16'
2002-03	23-5	CAC Runnersup
2003-04	13-13	
Total	**228-142**	

SEASON OUTLOOK

Sea Gulls Boast Talent and Depth For 2004-05 Season

Last season, the Salisbury women's basketball team finished the season with a 13-13 overall record. This season, the main goal for the Sea Gulls is to push that mark well beyond the .500 level.

Head Coach **Bridget Benshetler**, now in her 15th season with the Sea Gulls, insists her team has the talent it takes to turn around last season's record. "We have a strong defensive team and will rely on perimeter scoring to win," she said. "We will play the bench and use our talent."

The Sea Gulls have reason for optimism this season. While on an exhibition tour in Italy this past summer, the Gulls picked up four wins against semi-pro teams. "The 4-0 record in Italy was a nice perk that got the team energized for this year," Benshetler said.

The Sea Gulls will rely on the guidance of senior guard **Gen Olds** to lead the way once again. Olds averaged 8.5 ppg and led the Gulls with 59 three-point field goals last year. "Gen is our only senior and will guide the team this year," said Benshetler. "There is no doubt in my mind that she can repeat her three-point shooting of last season."

Benshetler's game plan for the 2004-05 season is, in her words, "vintage SU." The Sea Gulls will rely on the run and press and hope to use defense as the catalyst for generating points.

Joining Olds as a returning starter will be junior forward **Kiera Watkins**, who averaged 13.1 ppg and a team-high 7.9 rebounds last year. "Kiera can play inside and out, and will get us the rebounds," said Benshetler.

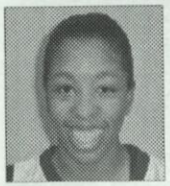
Junior guard **Christen Barney**, last year's leading scorer at 13.2 ppg, and sophomore point guard **Jenna Peters**, return as the likely starters in the backcourt once again. In addition to their offensive abilities, both players have key defensive roles in SU's full-court scheme.

Benshetler cites a number of new faces who should see immediate playing time this year. Freshman center **Kat Kordal** is a talented player that the Gulls will rely on to shoot the jumper and work the inside, while freshman guard **Megan Phillips** will be used for her three-point shooting and defensive skills.

Benshetler hopes that the hard work and determination of the offseason and preseason will help the Sea Gulls to a quick start this season. The talented blend of newcomers and returnees should also help the Sea Gulls contend for the conference champion-ship once again.

The 2004-05 Sea Gull coaching staff, pictured left to right: Stosh Schtierman (second year), Head Coach Bridget Benshetler, Calvin Burrell (12th year) and Kelly Whitmore (eighth year).

PLAYERS TO WATCH



Christen Barney
Junior - Guard
Runnemede, NJ

Outstanding point guard who started 15 games as a freshman and 25 games as a sophomore ... Led the team in scoring last year with a 13.2 ppg average after finishing third in scoring as a freshman (10.6 ppg) ... An explosive offensive player who can score from the perimeter as well as off-the-dribble ... Has also led the team in free throw shooting as both a freshman (.812) and sophomore (.818) ... Also led the Gulls with 71 assists last year ... Tied the team record with 14 free throws made against Marymount last year.

Kat Kordal
Freshman - Center
Randolph, NJ

Incoming freshman who should provide immediate contributions along the frontline in 2004-05 ... Will likely claim a spot in the starting lineup and could finish among the team's leading scorers and rebounders in her first season ... Provides a strong post presence who will also help bolster the team's interior defense ... Also runs the floor very well and will fit SU's up-tempo style.

Gen Olds
Senior - Guard
Ellicott City, MD

Has not missed a game in the past three seasons, starting in 82 of 83 career games ... A vastly improved outside scorer who tied the team record with 59 three-point field goals as a junior ... Registered at least one trey in 23 of 26 games last season ... Finished fourth on the team in scoring last year with an 8.5 ppg average ... Also led the team with 59 steals and finished second with 65 assists ... An excellent defensive player who also provides key leadership as the team's only senior in 2004-05 ... Serving in her second season as a team captain.

Jenna Peters
Sophomore - Guard
Alexandria, VA

Second-year player who saw action in all 26 games as a freshman and will likely move into the starting lineup this year ... Plays solid perimeter defense and ranks among the team's top one-on-one defenders ... Averaged 4.2 ppg last season while finishing third on the team with 57 assists and 29 steals ... Should show improved scoring this season ... Will also be one of the key players in SU's full-court pressure defense.

Kiera Watkins
Junior - Forward
Springfield, VA

Returns for her third season as a starter and will serve as one of the frontcourt anchors once again ... Led the team in rebounding last year, 7.9 rpg, and finished second in scoring, 13.1 ppg ... Earned second team all-Capital Athletic Conference honors ... Registered in double figures scoring in 18 of 26 games last season, with eight double-double performances ... Scored a career-high 31 points against Goucher on January 21 ... Should be one of the conference's top frontcourt players again in 2004-05.

2004-05 SEA GULL ROSTER

No	Player	Pos	Yr	Hgt	Hometown	High School
1/5	Nichole King	G	So	5-6	Bishopville, MD	Stephen Decatur
4	Christen Barney	G	Jr	5-4	Runnemede, NJ	Overbrook
10	Katie Brooder	F	Fr	5-11	Silver Spring, MD	Rockville
11	Meghan Phillips	G	Fr	5-6	Freehold, NJ	Freehold Borough
14	Diana Franklin	C	So	6-3	Freeland, MD	Hereford
20	Jessica Mills	G	So	5-9	Ijamsville, MD	Urbana
21	Tiffany Wilson	F	Jr	5-11	Washington, DC	Dunbar
22	Jenna Peters	G	So	5-4	Alexandria, VA	Edison
24	Meghan Klug	F	So	6-0	Pasadena, MD	Chesapeake
25	Gen Olds	G	Sr	5-8	Ellicott City, MD	Seton Keough
32	Kiera Watkins	F	Jr	5-11	Springfield, VA	Lake Braddock
33	Kat Kordal	C	Fr	6-0	Randolph, NJ	Randolph
42	Christina Klamp	F	Fr	5-11	Queenstown, MD	Queen Anne's
44/50	Megan Dowdy	F	So	5-10	Gaithersburg, MD	Quince Orchard
45	Katie MacFarland	G	So	5-6	Laurel, MD	Atholton

Head Coach - Bridget Benshetler (15th year)
Assistants - Calvin Burrell (12th year), Kelly Whitmore (8th year), Stosh Schtierman (2nd year)

SEA GULL QUICK FACTS

Location	Salisbury, Maryland 21801
Founded	1925
Enrollment	6,900
President	Dr. Janet Dudley-Eshbach
Colors	Maroon and Gold
Nickname	Sea Gulls
Affiliation	NCAA Division III, ECAC
Conference	Capital Athletic Conference
Home Arena	Maggs Center
Capacity	2,000
Athletic Director	Dr. Michael P. Vienna
Athletic Department Phone	410-548-3503
Sports Information Director	Paul Ohanian
SID Phone	410-543-6016
SID Fax	410-677-5025
Head Coach	Bridget Benshetler
Alma Mater	Hofstra '86
Record at School, Years	228-142 (15th year)
Overall Record	(Same)
Coach's Phone	410-543-6003
Coach's Fax	410-546-2639
Coach's E-mail	babenshetler@salisbury.edu
Assistant Coaches	Calvin Burrell, Kelly Whitmore, Stosh Schtierman
2003-04 Record	13-13 (7-7 CAC)
2004-05 Team Captain	Gen Olds

TEAM RECORDS - SINGLE GAME

Most Points Scored	109 vs. Coppin State	12-6-74
Fewest Points Allowed	12 vs. Coppin State	12-6-74
(before 1974)	0 vs. Villa Julie	3-3-62
Largest Margin of Victory	97 points vs. Coppin State	12-6-74
Fewest Points Scored	33 vs. Towson State	1-24-78
(before 1974)	12 vs. Bridgewater	2-12-65
Most Field Goals Made	50 vs. Coppin State	12-6-74
Best Field Goal Percentage	.621 vs. Stockton State	2-22-86
Most Free Throws Made	36 vs. Wesley	1-19-98
Most Free Throws Attempted	49 vs. Catholic	3-1-85
Best Free Throw Percentage	1.000 (6-6) vs. Catholic	1-10-01
	.929 (13-14) at York (PA)	2-24-04
Most 3-Point Field Goals Made	12 vs. York (PA)	2-7-04
Most 3-Point Field Goals Attempted	34 vs York (PA)	2-21-89
Best 3-Point FG Percentage	.750 (6-8) vs. Lebanon Valley	12-3-89
Most Rebounds	77 vs. Jersey City State	11-24-91
Most Assists	32 vs. Rutgers-Camden	2-19-86
Most Steals	39 vs. Jersey City State	11-24-91
Most Blocked Shots	13 vs. Gallaudet	1-16-02

RECORDBOOK

Individual Records

Most Points

Game	40	Jessica Latour vs. Gallaudet	2-26-97
	40	Dawn Webb vs. Shenandoah	1-28-89
Season	681	Amy Campion	2002-03
Career	1,938	Amy Campion	1999-03

Most Rebounds

Game	32	Kim Roth vs. Lynchburg	12-16-93
Season	480	Dawn Webb	1988-89
Career	1,329	Kim Roth	1991-95

Most Assists

Game	16	Amy Cooke vs. Catholic	2-17-99
Season	218	Amy Cooke	1998-99
Career	731	Amy Cooke	1995-99

Most Field Goals Made

Game	17	Josie Harper vs. UMES	1-18-83
Season	241	Amy Campion	2002-03
Career	742	Amy Campion	1999-03

Most Free Throws Made

Game	14	Christen Barney vs. Marymount	2-18-04
	14	Jessica Latour vs. Wesley	1-19-98
	14	Sarah Jones vs. Kean	1-7-94
Season	140	Amy Campion	2002-03
Career	344	Amy Campion	1999-03

Most Three-Point Field Goals Made

Game	7	Gini McDowell vs. West Chester	2-3-92
	7	Jen Boone vs. Cabrini	1-25-92
Season	59	Amy Campion	2002-03
	59	Gen Olds	2003-04
Career	110	Amy Campion	1999-03

Most Steals

Game	12	Amy Campion vs. Lehman	12-6-02
	12	Vicki Miller vs. Shenandoah	1-16-91
	12	Jeanie Daly vs. Jersey City State	11-24-91
Season	144	Vicki Miller	1990-91
Career	420	Amy Campion	1999-03

Career Leaders
through 2004 season

Scoring

1. Amy Campion	1999-03	1,938
2. Lisa Neylan	1997-01	1,540
3. Dawn Webb	1985-89	1,503
4. Elisabeth Barfuss	1997-01	1,483
5. Amy Fenzel	1991-96	1,477
6. Kim Fiedler	1983-87	1,456
7. Myra Sturgis	1984-88	1,394
8. Josie Harper	1979-83	1,293
9. Kim Roth	1991-95	1,293
10. Jen Boone	1989-93	1,210
11. Sandy Jankevicius	1986-90	1,198
12. Jessica Latour	1996-99	1,188
13. Gail Tatterson	1973-77	1,168
14. Amy Cooke	1995-99	1,138

Rebounds

1. Kim Roth	1991-95	1,329
2. Dawn Webb	1985-89	1,254
3. Lisa Neylan	1997-01	1,043
4. Amy Fenzel	1991-96	991
5. Amy Campion	1999-03	984
6. Josie Harper	1979-83	914
7. Myra Sturgis	1984-88	839
8. Elisabeth Barfuss	1997-01	591

Assists

1. Amy Cooke	1995-99	731
2. Diana DeJesus	1982-86	554
3. Amy Campion	1999-03	472
4. Vicki Miller	1987-91	418
5. Elisabeth Barfuss	1997-01	357
6. Sandy Jankevicius	1986-90	293
7. Dominique Lisa	1995-97	279
8. Jaime Kohlenstein	1998-02	254

CAPITAL ATHLETIC CONFERENCE

2004-05 SEA GULL SCHEDULE

Date	Opponent	Time
Nov. 19-21	at MARYMOUNT TOURNAMENT	TBA
	(3 games)	
Nov. 23	**Wesley**	**5:30 p.m.**
Dec. 1	**Gallaudet ***	**5:30 p.m.**
Dec 3-4	**SALISBURY OPTIMIST CLASSIC**	
	Salisbury vs. Waynesburg	**1 p.m.**
	Christopher Newport vs. Hood	**6 p.m.**
	Consolation & Championship Games	**1/6 p.m.**
Dec. 9	at Washington	6 p.m.
Dec. 11	at York *	4 p.m.
Jan. 5	at Rowan	6 p.m.
Jan. 7-8	at KING'S TOURNAMENT	5 p.m.
Jan. 10	**College of New Jersey**	**6 p.m.**
Jan. 12	at Goucher *	5:30 p.m.
Jan. 15	**Mary Washington ***	**2 p.m.**
Jan. 19	at Marymount *	6 p.m.
Jan. 22	at St. Mary's *	2 p.m.
Jan. 26	**Catholic ***	**5:30 p.m.**
Jan. 29	**York ***	**2 p.m.**
Feb. 2	at Gallaudet *	6 p.m.
Feb. 5	**Goucher ***	**5:30 p.m.**
Feb. 9	**Marymount ***	**5:30 p.m.**
Feb. 12	at Mary Washington *	4 p.m.
Feb. 16	at Catholic *	6 p.m.
Feb. 19	**St. Mary's ***	**2 p.m.**
Feb. 22	CAC Tournament Quarterfinals	TBA
Feb. 24	CAC Tournament Semifinals	TBA
Feb. 26	CAC Tournament Championship	TBA

* Capital Athletic Conference game
Bold = home games

SU'S ATHLETICS PHILOSOPHY

***Salisbury University*, a member of the National Collegiate Athletic Association's (NCAA) Division III,** offers 21 intercollegiate sports for men and women. In addition to NCAA membership, SU competes as a member of the Capital Athletic Conference (CAC) and the Eastern College Athletic Conference (ECAC).

As a member of the NCAA's Division III, Salisbury places the highest priority on the overall quality of the educational experience. In doing so, it seeks to strengthen the integration of objectives and programs in athletics with academic and developmental objectives, and to assure the integration of athletes with other students.

SU places special importance on the impact of athletics on the participants, with emphasis on the internal constituency (students, alumni and special friends) rather than on the general public and its entertainment needs.

The SU athletics program is further characterized by the following principles:

- Participants receive the same treatment as other students. They have no unique privileges in admission, academic advising, course selection, grading, living accommodations or financial aid. Similarly, athletes are not denied rights and opportunities that would be available to them as non-athletes.
- Sports for men and women are given equal emphasis and the desired quality of competition is similar in all sports.
- Students are supported in their efforts to reach high levels of performance by providing them with adequate facilities, competent coaching and appropriate competitive opportunities with students from similar institutions.
- SU strives to make the student-athlete's participation in intercollegiate athletics an enriching experience, and holds genuine concern for each participant's welfare. The intercollegiate program's foremost goal at all times is to supplement and enrich the first priority of the University, which is academic accomplishment.

NCAA®

Salisbury
UNIVERSITY

Department of Intercollegiate Athletics
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Salisbury, MD 21801-6860